

COLD WEATHER SAFETY TIPS



From the National Weather Service in Melbourne

- **House and apartment fires pose the greatest threat to life during Florida cold outbreaks.**

Keep flammable materials such as newspapers or clothing away from portable heaters. Ensure smoke and carbon monoxide detectors are working properly...especially when sleeping.

- Be extra careful with kerosene heaters! Make sure the room is well ventilated. These heaters give off toxic fumes that can make you sick or even kill you. Never use a charcoal grill to warm your house.
- If you must go outside...remember that several layers of clothes will keep you warmer than a single heavy coat. A hat is also important since 20 percent of body heat loss is through the head.
- Cold weather itself puts an extra strain on the heart. If you add to this the strain of heavy physical activity, you could be at risk for a heart attack.
- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in layers so you can adjust to changing conditions.
- Persons with delicate plants should take protective measures from the cold temperatures.
- Make frequent checks of the elderly. Ensure their furnaces are working properly.
- Pets are also susceptible to cold weather. If they must stay outside, make sure there is a warm and dry shelter with sufficient food and unfrozen water.